

Pregnancy and Yoga

*From all of us at Four...
Congratulations on your pregnancy!*

A consistent and safe exercise routine throughout all of these stages of pregnancy helps you stay fit, increases energy, minimizes stress during pregnancy, prepares you for the rigors of child birth, and makes for a faster recovery post-birth.

Avoid or modify poses that compress the belly.

- Avoid lying on the belly in locust
- In forward folds, widen the legs to make room for the belly
- If we are twisting and compressing the torso, twist the opposite direction or keep your twist more open.

Don't overstretch the abs or the spine.

- Practice chatarunga with knees on the floor, which will be more stable and supportive for the lower back than practicing this pose in its traditional form.
- Avoid upward facing dog and plank as the belly grows more and stresses the spine.
- If other students are in plank, you can take table top and work your core from there.

If inversions feel good, great! They are a healthy practice. If it doesn't feel good or it's new to you, just avoid them. If holding them, avoid holding for long durations. 30 seconds max.

Monitor your heart rate. Do not get over heated. Listen to and take care of your body. Take a mat space by the door so if you do get overheated, you can open the door.

If lying on your back is uncomfortable, take savasana lying on your left side to prevent nausea and dizziness.

As always, please inform the instructor before class that you are expecting. Don't hesitate to ask questions. We are here to help!!

